

Wation

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Journalist Integrity

Will Nicholls

Recently an email made its way into my inbox. It was from a self-styled "Cree Nation Dude with Latest News and Dirt in the Cree Nation."

It says to send him all the rumours and true stories of things you "don't have the guts to do." He'll keep your names a secret because he has "the guts."

The first subject is, "Who is gay in the Cree Nation?" Cree Dude says he is "outing" them because this is what people want.

He also says gays shouldn't be ashamed to be who they are. I agree with the last sentence. But this is simply some gay-positive cover for what is simply salacious gossip. His methodology leaves something to be desired. Perhaps his standards of what should be done with rumour and innuendo is a sign that Cree culture is changing.

It is a sad fact when the tradition that Crees were allowed to be themselves is gone. Yes, in the past when someone was two-spirited, everyone in the community knew it. It did not mean we had the right to "out" them or take them to task over whether they wanted to admit it or not. We gave them the respect and time they needed for themselves to decide what they wanted to do. The Nation respects and honours the traditional values of the Cree people that believes each person must live their own life and live with their own choices in that life.

Yes, within the pages of the Nation, we once ran a story about a Cree who was coming out of the closet and admitting he was gay. We

felt that the time was right for this type of story. We did not solicit this story but it was one where the person came to us. We treated both the person and his story with respect.

The email is not a sign of respect. It comes across as a malicious piece of rumour-mongering at its worst, speckled with sly underhanded commentary and humour worthy of a boor. I hope this was not the intention of the author.

Normally, I wouldn't respond to something like this email but the fact is that it seems to have a heavy circulation. It also contains lies and errors that could hurt people.

Since the "Cree Nation Gazette Dude" seems to style himself a journalist, I would recommend he does some research with a journalism code of ethics.

Let me give him a bit of assistance, as we are developing one here at the Nation. Here are a few points you might find interesting.

- Seek the truth and report it. Deliberate distortions of the truth or unverified rumour are never allowable.
- Ethical journalists treat sources, subjects and colleagues as human beings deserving of respect.
- Remember the pursuit of news is never a license for arrogance.
- Only an overriding public need can justify intrusion into anyone's privacy.
- A journalist should expose unethical practices of journalists and news media.

Hope this helps in your future endeavours.

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on the cover

Collage of
wind power conference &
pilot Dave Peace

Photos: W. Nicholls, E. Webb

Design: M. Laviolette



Hanging a few chads in Eeyouistan

Neil Diamond

The recent re-election of George W. Bush in the Divided States of Amerika (DSA) reminded me that we, the divided Cree Nation, also have an election for Grand Chief coming up very, very soon. It might not be for the most powerful office in the world but I hear there are amazing benefits and young, chubby female interns galore included in the deal.

Many Cree voters remember what happened in their last election. For some reason there were only two candidates, Dr. (chortle) Ted Moses and R.N. Matthew Mukash. It was amazing. Only two candidates in the running, after several elections in which every Tom, Billy and Harry, myself included, dared put their names on the ballot. Sure, we had no Ralph Naders the last time around. Cowards. I have a feeling it will be the same next fall. That is unless the unemployed and humbled former National Chief Matthew Coon Come decides to settle for a demolition and attempt to knock Dr. (chuckle) Moses off his pedestal.

The 2001 Grand Chief election was so close, a mere 28 votes, that Moses was forced to compare his extremely narrow victory to that of George W. Bush's highly disputed results. Bad idea. Dr. (mmmmphhh) Moses wisely did not bring up the fact that Dubya's presidency came about as a result of voting irregularities, disenfranchised African American voters and a Supreme Court ruling brought down by daddy's friends in said court. Not to mention Bush's brother Jebediah being Governor of the state's contested results in question: Florida.

The comparisons to the 2000 election in the States were eerie if not frightening. First there was the case of the 30-some voters from

Chisasibi who didn't get to vote because they weren't given time off work. Then there was the 500-plus JBNQA beneficiaries of the Mocreebec Tribe who didn't even have a ballot box. Finally, there was the incompetent Returning Officer in Waskaganish who was locked out of his home and couldn't retrieve the ballots in time for a few more voters.

That is more than 500 pissed off members of the Cree electorate who I am sure will go out of their way to make sure their votes are counted this coming fall.

Methinks it's about time the Cree Nation had outside observers monitoring their elections. Maybe a few representatives from that model of democracy, Afghanistan. Or maybe even Iraq if their citizenry can find the time off their busy insurgency schedules. God knows we can't trust the Americans or even our own people to guarantee and protect our democratic rights.

Bush has another four years in office and it's clear one of his mandates is to outsource his brand of "democracy" to the rest of the world. We've all seen what can happen if people don't appreciate his kind, Christian gestures. Heed my message Eeyouistan or face the consequences.

All that said, in the spirit of true democracy, I hereby nominate Dr. Ted Moses and (Soon to be Dr.) Matthew Mukash for the next battle for Grand Chief. Mano a mano. A no-holds-barred fight for the soul of the Cree Nation. Two differing ideologies to make it interesting. A democratic war fought fair and square that will serve as a model to our friends to the south and wherever else their bombs land next.

Just a thought for my fellow voters to ponder in the months ahead.

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Canada

Algonquins want better agreement with Quebec government

by Norman Fireman

A logging blockade by the Algonquins of Lac Simon and Winneway is forcing the forestry giant Domtar to shut down two sawmills – one in Malartic and another near Val d'Or – on November 19.

The blockade checkpoint was set up August 30 over the lack of long-term forestry management plan.

The Algonquins want the provincial government to negotiate an agreement similar to the Cree-Quebec Paix des Braves deal. They are particularly interested in the forestry section that deals with consultations. These provisions call for consultations with Cree families trapping in proposed logging zones before companies are allowed to go in and cut. The Cree agreement also designates areas that are off-limits to cutting as well as special wildlife areas.

Chief Steve Mathias of Winneway said forestry has huge impacts on his peoples' traditional ways of life. "The government isn't as interested as we are to work out some kind of agreement based on principles of mutual respect," said Mathias. "Since we started to put pressure on the government and the industry we never received one call from Domtar. We are not against development. We're open to that but not at any cost."

Domtar spokesman Richard Decarries said the company is working hard to come up with solutions. "We would like to see this resolved as quickly as possible," Decarries said.

But Lac Simon Chief Daniel Pienne observed that "Domtar never gave us one call since we put up the checkpoint. They delayed the long-term decisions."

Domtar wasn't the only one under attack as Pienne took the Quebec government to task. "We don't agree with

the kind of treatment we get from the Quebec government," said Pienne. "We never get straight answers from them. As a result our people said, 'Let's stick to our position until we get a satisfying answer."

Pienne added that he is open to meeting with government and industry officials. "We want to be included in every kind of project that will benefit our children," he said. "We also want to be consulted in whatever forestry activities are going on in our territories."

New Cree minor hockey league to hit ice

by Norman Fireman

Raymond Shanoush is excited about the prospects for the Cree Nation's young hockey prospects. Shanoush is the president of the newly created Cree Hockey League that is taking its first shots across Eeyou Istchee.

"We're just going to have exhibition games just to feel the ground," Shanoush said in an interview. "Last March we talked about developing a minor hockey league in the Cree Nation. We first looked at the just the nine Cree communities. But when we spoke with the Abitibi-Temiskaming, they proposed to change our zones with Hockey Quebec. So all players from Waskaganish, Eastmain, Wemindji, Chisasibi are in the Cree Nation zone."

Meanwhile, Mistissini, Waswanipi, and Nemaska will be playing in the Chibougamau zone. There are only five communities along the coast for the new hockey league.

The categories are Novice, Atom, Pee-wee, Bantam and Midget. The leagues will be inclusive, too. "If there are white families in the region, their kids can play too," Shanoush said.

"This year is a testing ground. We're looking on how it's going to go. Each community will do its part in fundraising to take care of the expenses. Why we're doing this is that the

Cree kids are really talented, they're really good in hockey, that's the only thing that's big in the Cree Nation."

Shanoush promises to keep statistics for each player on an Internet site. "We'll be able to keep track of the progress for each kid," he said. "We want to put a system that will help the kids in the Cree tournaments. Kids aren't recognized even if they're very good players so through a league we'll be able to promote the kids a lot better, and to develop and expose them to a higher level."

Shanoush believes it will be better to start with a smaller zone because the distances are shorter.

The league will need to register 250 kids in order to have a double letter team in the Cree nation. "If we have our 250 this year, next year maybe a franchise will have a double letter so they can play at a higher level, that's what we're looking at. Cree tournaments enter one week before the tournament, but when you play Abitibi-Temiskaming you have to register at the beginning of the season."

Shanoush is excited for the kids. "I think it's great for the kids they have something to look forward to every weekend," he said. "The games will mean something and it's not just a practice or tournament because you need to win the game in order to become a champion."

La Grande celebrates 25 years

The 25th anniversary of the commissioning of the Robert-Bourassa generating station at the LG2 complex was celebrated October 29 in Radisson.

For many Crees the building of the huge dam represented a sad time in the Cree Nation's history. Many of those who opposed its creation back then still oppose it today.

The event was attended by Quebec Premier Jean Charest, Minister of Natural Resources Sam Hamad and

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The project was started in earnest in 1973 and named after the former premier after his death in 1996.

Spencer pleads guilty in beating

Khayden Otter-Rupert and his family can breathe easier.

The man who beat the toddler into a coma is to be sentenced in December.

Trevor Eric Spencer, who assaulted the little boy so horrifically last February 8 in Waswanipi that the three-year-old spent eight months in hospital, pleaded guilty to aggravated assault October 26 in a packed Waswanipi traveling courtroom.

Several postponements resulting from psychiatric evaluations from both the Crown and Spencer's defense team made for a long drawn-out pre-trial.

Sentencing will commence on December 3. A request by his lawyer to release Spencer until that date was refused by the judge.

Spencer faces a maximum possible sentence of 14 years.

Cree woman charged with murder

A 32-year-old former Mistissini woman, Linda Shecapio, has been charged with second-degree murder after a stabbing that occurred on October 27 in Montreal.

An Inuk man, 19-year-old Charlie Ekomiak, collapsed at the corner of de la Montagne and Notre Dame streets, and later died from his wounds.

Ekomiak is originally from Chisasibi. Shecapio is to appear in court November 23.

Inquiry wants answers on Neil Stonechild's death

More than 10 years ago a 17-year-old teenager was found frozen on the outskirts of Saskatoon. The RCMP reopened the case when two more Aboriginals were found stranded on the outskirts of the prairie city in deep winter.

"There will be finally a public airing of how the young Neil Stonechild died," said Saskatoon Justice Minister Eric Cline. "We need answers, we know now that Stonechild was seen with the police at the time of his death."

A friend of Stonechild, Jason Roy, testified he saw Stonechild in the back of a police car bleeding and screaming, "They're going to kill me." But during a cross-examination Roy said he wasn't sure who was driving the police car.

Aaron Fox, a spokesperson for the Saskatoon Police, thinks Roy is making false accusations. Stonechild is one of three First Nations people who were found frozen to death over the past 15 years.

The other two were ruled as inconclusive deaths. But the Stonechild inquiry continues.

First Son a testament to the marginalized

by tsa

He was a simple man taking simple pictures. That is what one person had to say about the current exhibition at the Montreal McCord Museum by early 20th century photographer Chow Dong Hoy.

Hoy lived in the B.C. interior at that time, where the melting pot of cultures was well under way. His subjects are of Chinese, First Nations,

Eastern European and mixed-descent people, all with the same, non-smiling, serious look that is characteristic of early photography.

What makes this series of photos so unique is that unlike photographers of the time who set out to romanticize the First Nations and record ethnic types, Hoy simply took photos of those who wanted their photos taken. Most of his subjects were labourers, a fact that was emphasized in the photos by the hands on the knees, legs uncrossed. He had a small studio and also took photos of the residents hanging around the local store or in front of their houses.

C.D. Hoy was the first son to a very poor family in China. He was sent to Canada in 1902 to reap some of the riches Canada was said to have. He ended up moving to the B.C. interior, learning one of the local Native languages and transporting supplies to local communities.

There are a number of First Nations subjects in the photos. My favourite is nicknamed "the three banditos"; three native blokes who look like they could have just jumped off the bus from Mexico. They exude coolness, with cowboy hats and arm bands. One is wearing moccasins and another is suppressing a smile. It is almost timeless.

The exhibition, called *first son*, is a testament to the marginalized people of the era. It runs until May 1, 2005 at the McCord Museum (690 Sherbrooke W. 514-398-7100).





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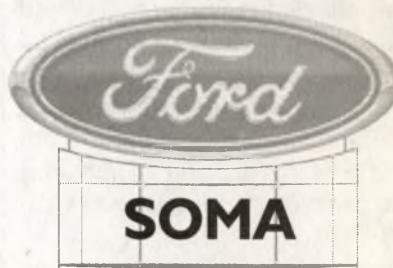
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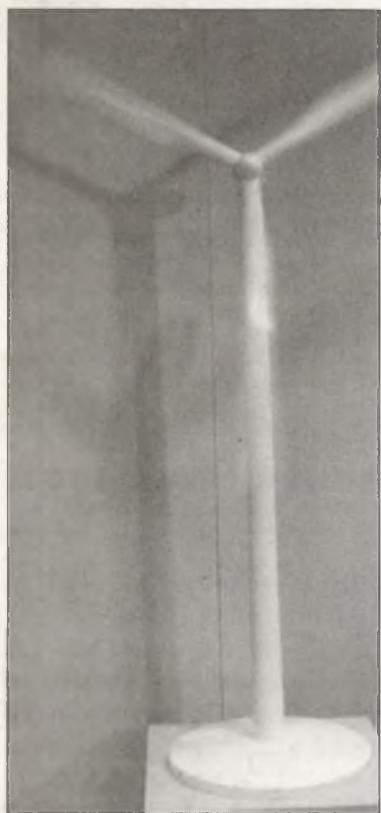


Getting wound up over wind power

by Norman Fireman

In this issue we look at what people thought about future wind power projects proposed by Canadian Wind Energy Association, to test opinion in favour of wind power projects to be built in Eeyou Istchee rather than damming up rivers.

Roger Orr of Nemaska says wind power and other sources of energy are "the way to go these days. The world is starting to look at eco-safe alternatives of retrieving energy. If there's another way of retrieving energy other than damming rivers then I truly believe that's what should be done, the world will benefit. If we as Cree people promote these eco-safe alternatives, we are truly promoting our Cree way of life with a modern twist. The Rupert River diversion should be on hold while we look into these alternatives."



Jimmy Bearskin, Chisasibi: "They would have to put up the wind power propellers near the shores of the Bay where the wind is strongest. This is where the geese come for their feeding grounds on their way up north. I don't know much about this

issue. When Quebec announced the Hydro Project, the Crees had to do a lot of thinking before any decisions were made. I think we are in this stage right now. But all I heard is wind power energy is better than damming rivers."

Harry Snowboy, Chisasibi: "I prefer wind power rather than destroying what we have. When you destroy land you destroy the future and the future for the kids. Wind power is an alternative wind power

energy source; we should take advantage of that. We as native people should know better than to destroy what was given to us. Wind power has proven itself in other countries, what you flood you can never get back."

Bertie Wapachee, Nemaska: "I prefer alternative sources of energy all the time. Our nation has

never taken the opportunity to not only look at the alternatives but options that are much safer and viable to our future. We have to think about our children and those that are still willing to go out on the land. The agreements we have today only promote greed and materialistic thinking. I hope that alternative sources of energy will save Rupert's River and other rivers in the Cree territory."

James Diamond, Waskaganish: "Northern Quebec looks very good for wind energy potential. There is also the fact that it's a very sparsely populated area. But those things will be very huge if they ever go major with the wind energy project. James Bay is a very good location and it doesn't pollute the environment. It's an excellent place for wind energy and the infrastructure is already there."

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Beesum Communications, a Cree-owned company, is presently looking for an Aboriginal Administrative Assistant/Production Coordinator. It is a full-time position, 37.5 hours per week (occasional overtime). The candidate will possess the following:

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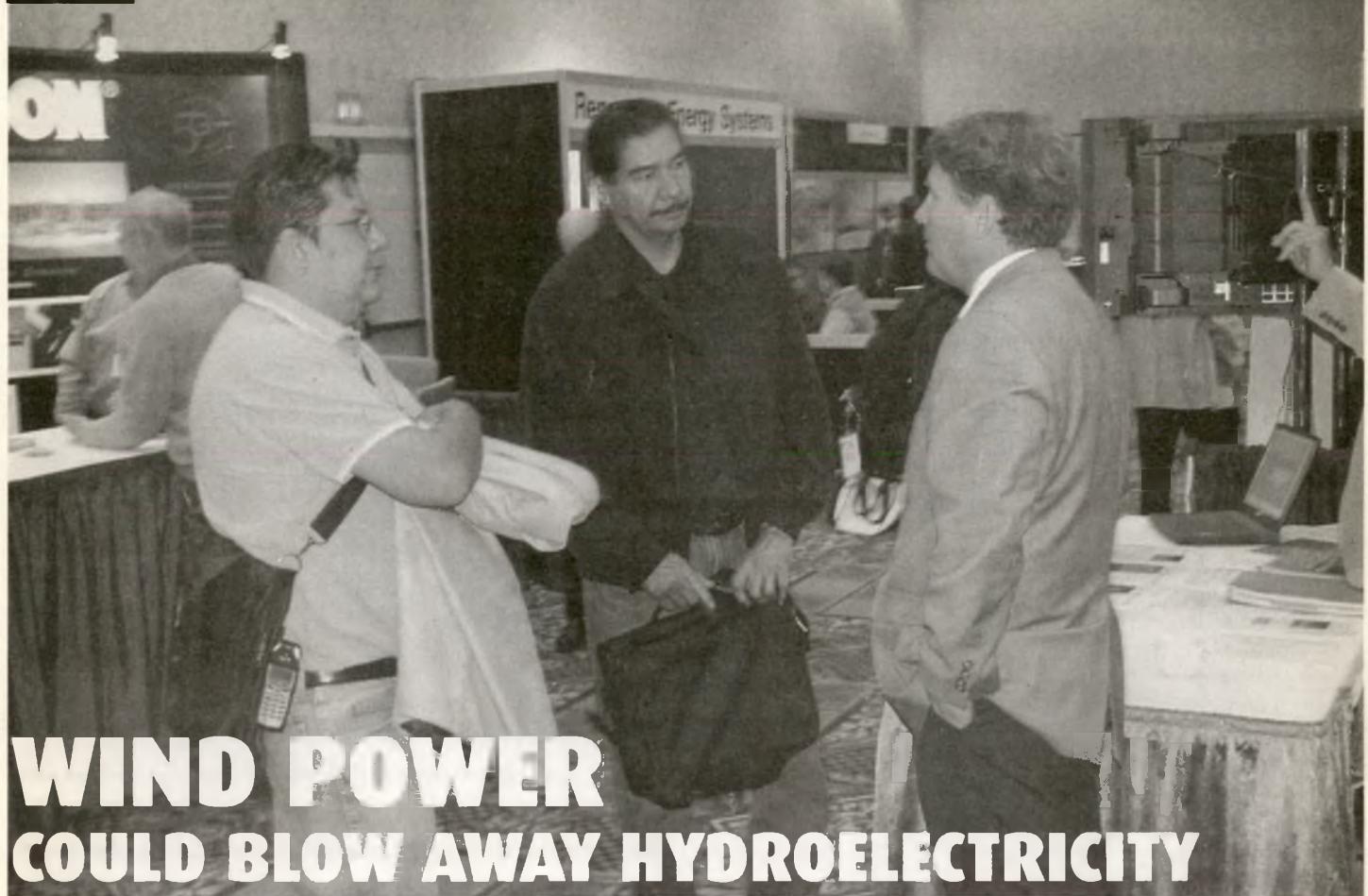
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WIND POWER COULD BLOW AWAY HYDROELECTRICITY

Leaders say alternative energy a real possibility for Eeyou Istchee

by Steve Bonspiel

Hydro Quebec better watch out, the wind is blowing and it might just blow them off the map.

A number of leaders have been flirting with the idea of bringing alternative energy sources – especially wind power – to Eeyou Istchee.

Representatives from Waskaganish, Nemaska and Whapmagoostui attended the 20th annual Conference of the Canadian Wind Energy Association (CanWEA), held at the Delta Hotel in Montreal October 17-20. They were very pleased with the outcome.

"My job is to seek out means to promote economic development for our community," said Mathew Mukash, the President of Whapmagoostui's development corporation. "When I heard about this conference I decided to go and get more information on wind energy. It represents a good alternative to building hydro dams on our territory."

Mukash, who opposed the damming of the Rupert River, noted that the technology has been around for about 20 years. "I can't understand why it has not been tapped into yet."

Mukash added that if the Cree Nation were to get serious about developing wind power, bringing the technology to the north by building infrastructure and securing the funding would take at least two years. He's willing to wait. "I'd rather see a wind

farm here than dams," he said.

Another proponent of wind power is Waskaganish Chief Robert Weistche. He was also opposed to the damming of the Rupert and feels very strongly about alternative sources of energy.

"It's a matter of people coming together to look at alternatives to the destruction of Cree territory," Weistche told the Nation.

"The world being what it is today means a dwindling supply of natural resources. The cost of energy is going up and people are concerned about where things are going and I think it's time we start looking at alternatives," he said.

"We talked about wind power but I think there are other alternatives that we're starting to hear more about today. We're participating in forums and conferences on alternative energy



and trying to learn as much as we can and keep abreast of the new technology that's coming up."

Weistche pointed to hydrogen, biomass and geothermal power as replacements for hydroelectricity. "I think people should get on board and realize that we could be looking at alternatives for the Cree territory rather than building these massive destructive projects that people think are the only solution. It's not the only solution," said Weistche.

Hydro Quebec has installed beacons to measure the wind strength in some of the communities. According to the data, certain places in Eeyou Istchee are amongst the windiest in Canada.

Weistche said that the advocates of the project are hoping to attend a conference in mid-November in Toronto called Developing Alternative Energy Sources on Aboriginal Traditional lands. They hope to gain more knowledge on the power of harnessing wind and other energy sources and pass it on to the members of their communities.

Geo-thermal power, which consists of tapping into the heat of the earth's

core, is also something the Cree Nation is studying, according to Weistche. "Everything is at the very early stages right now so we're weighing all options."

He added that some of the communities are behind in paying their hydro bills. "We're paying for something that is in our back yards and coming from our rivers," he said. "I don't understand why we have to keep paying and paying until we can't afford to anymore."

Harnessing wind energy and selling it back to Hydro Quebec is a possibility that has been discussed.

At the Annual General Assembly in August, the Grand Council of the Crees created a body called the Authority on Energy and Sustainable Development. Its members will be responsible for gathering information on alternative





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Many people in Eeyou Istchee have Diabetes, or know of someone who does. Quite often this can be someone they love. We know that healthier food choices are important, but let's face it, sometimes they can border on boring. Well, not anymore! Each issue of *the Nation* will feature a delicious meal that keeps in mind the importance of health maintenance but does not forget rich and hearty satisfaction.

Delicious Veggie Lasagna

| | | |
|-------------------------|--|---------|
| 1/4 cup | skim milk | 50 ml |
| 1 16-ounce container | light ricotta cheese | 500 ml |
| 1 34-ounce jar 7-10 | meatless spaghetti sauce | 1000 ml |
| | lasagna noodles, | |
| 1/2 pound | cooked and drained mushrooms, sliced | 250 g |
| 1/2 cup | grated Parmesan cheese | 125 ml |
| 1/2 cup | sliced almonds | 125 ml |
| 2 cups | shredded reduced-fat mozzarella | 500 ml |
| 1 | large zucchini, sliced lengthwise | |
| 2 | large red bell peppers, chopped | |
| 2 | heads fresh broccoli, chopped | |
| 1 pound | fresh spinach, washed, dried, and torn into pieces OR thawed and drained from frozen | 454 g |

Preheat your oven to 350°F. In a small bowl combine milk and ricotta cheese, mix well and set aside.

In another bowl, mix together red bell peppers, broccoli and mushrooms, then set aside, too.

Cover the bottom of a 9"x13" baking pan with almost half of your sauce. Follow with layers of half the noodles, half the spinach pieces, half the ricotta mixture, half the zucchini slices, half the Parmesan cheese, half the almonds, half the vegetable mixture and half the mozzarella cheese.

Again starting with the sauce, repeat the layers, reserving a little sauce and some almonds to sprinkle on top. Bake for 30 minutes; let sit 10 minutes, then serve warm.

Makes 8 servings.

NUTRITIONAL INFORMATION PER SERVING

Calories: 395, Saturated fat: 7 g, Carbohydrates: 37 g,
Sodium: 860 mg, Protein: 21 g, Fibre: 10 g, Fat: 18 g



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energy sources and informing the public what these sources can do for Eeyou Istchee as a whole.

Weistche said that efforts to make wind power work better in recent years make it more attractive than ever before to a Nation that will one day be in full control of its own destiny.

"The windmills today are much better than the ones from 10 years ago," Weistche observed. "They're more efficient, make less noise and there is a lower rate of animal mortality. Even the cost has come down."





Traffic disrupted between Matagami and the Eastmain-1 jobsite

Over a 45-day period, Blais et Langlois will be transporting pieces of steel armouring from Matagami to the Eastmain-1 jobsite. This will considerably disrupt traffic from mid-November 2004 to mid-January 2005. About fifteen trips are planned, which could each take up to three days to complete. Each trip will be divided into two parts: from Matagami to Kilometre 274 (intersection with the Route du Nord) and, the following day, from Kilometre 407 to the Eastmain-1 jobsite. On the James Bay highway, the convoy will stop every 30 minutes, and/or as needed, to allow traffic through. However, from the Route du Nord to the Eastmain-1 jobsite, vehicles will not be able to pass the convoy. Hydro-Québec Security will be making sure that everything goes smoothly, several kilometres ahead of the convoy.



Call, if you don't want to wait

A toll-free line is available to find out about the convoy's position.

For information, please call

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All requests for funding must be forwarded to the Education Fund Panel, Board of Compensation at 203 Opemiska Meskino, P.O. Box 220, Ouje-Bougoumou, Quebec, GOW 3C0 within one (1) year after graduating or completing studies. The application form must be completed with all pertinent information to permit the application to be processed, otherwise it will be returned.

CRITERIA

- a) to be a Cree beneficiary of the James Bay and Northern Quebec Agreement;
- b) to be a recognized Band member;
- c) to have successfully completed a program in an accredited institution or to be able to demonstrate academic excellence in a given year;
- d) applications to the fund must be submitted by the concerned student;
- e) the appropriate documentation must be enclosed with the request (i.e. official transcripts, diplomas, awards, official commendations, etc.);
- f) the applicant must submit a written authorization allowing the C.S.B. Coordinator of Post Secondary Programs and/or Post-Secondary Guidance Counselor to provide pertinent information;
- g) as well only students who have obtained a final grade of seventy-five (75%) or more will be considered for the categories listed below.

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In principle, the top three (3) students in each category may be eligible to receive an award in the various categories.

- 1) upon successful completion of a 1-year program, CEGEP, Community College or equivalent, an amount of five hundred dollars (\$500) could be awarded;
- 2) upon successful completion of a 2-year program, CEGEP, Community College or equivalent, an amount of one thousand dollars (\$1000) could be awarded;
- 3) upon successful completion of a 3-year program, CEGEP, Community College or equivalent, an amount of one thousand five hundred dollars (\$1500) could be awarded;
- 4) upon successful completion of a university level Certificate Program, an amount of six hundred dollars (\$600) could be awarded (equivalent 30-45 credits of study);
- 5) upon successful completion of a 3-year Bachelor's Degree Program, an amount of two thousand dollars (\$2000) could be awarded;
- 6) upon successful completion of a 4-year Honors-Bachelor's Degree Program, an amount of three thousand dollars (\$3000) could be awarded;
- 7) upon successful completion of a Graduate level diploma (Post-Bachelor's additional concentration) an amount of one thousand dollars (\$1000) could be awarded



SUN AND WIND POWERS BUSH PILOT'S OPERATION

By Ernest Webb

Dave Peace is taking what nature offers for free and turning it into electricity. Peace has a small solar and wind energy operation set up for his small air base. He is a bush pilot and has been working in the Cree territory for 30 years.

The set up is in its second year and has completely changed his business. "It was awkward using a generator and burning gas all the time," he explained. Peace is able to run most everything he needs. "Just the little set up I have here I run my radios, my fuel pump, my lights and the occasional power tool whenever there's light work to be done."

Of course all this technology costs real cash but in the long run it will save money and trouble.

"The initial investment is pretty high," he admits. "But it depends what you want to do. If you want to run lights and maybe the bush radio, it won't be that expensive. I don't know how much it's saved me in terms of actual cash but it's saved me lots of problems. It's very reliable."

The environment is very important to him and he wants to provide an example for the trappers. They get to see his set up when he flies them out to their camps. In many instances he transports a lot of gas for their generators. "Some of them take 200 gallons of gas for the winter."

The other consideration is the storage for the energy. "The batteries are the heart of the system. It you think of the electricity as liquid, the batteries would be the tank. It will collect while you're not using the system then you can use the stored energy later."



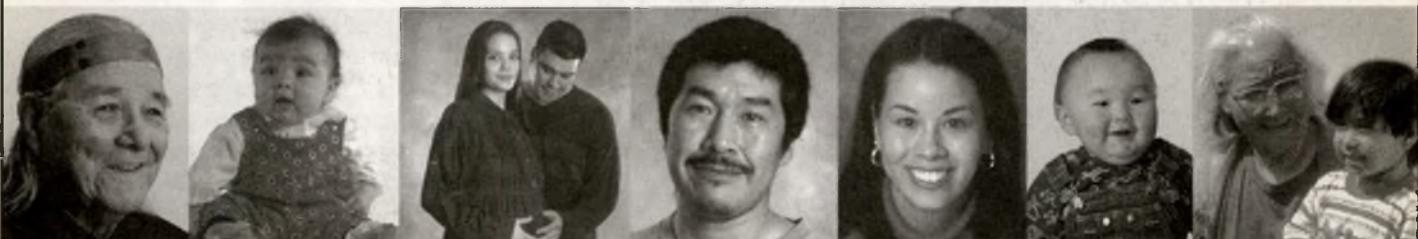


What Canada's New Health Care Investment Means to Aboriginal Peoples

The Government of Canada recently committed an additional \$700 million over 5 years to meet the health needs of Aboriginal people, including First Nations, Inuit and Métis, which brings the total investment to over \$10 billion. This additional money will be used to:

- Improve health services to better meet the needs of Aboriginal peoples
- Increase the number of Aboriginal doctors, nurses and other health professionals in Aboriginal communities
- Support health promotion and disease prevention programs that focus on
 - suicide prevention
 - diabetes
 - maternal and child health
 - early childhood development

In addition, the Prime Minister, Premiers and Aboriginal Leaders have agreed on the need to develop a blueprint to improve health services and improve the overall health of Aboriginal Peoples.



To obtain a copy of the "2004 Health Care 10-Year Action Plan at a Glance", call 1 800 0-Canada (1 800 622-6232) or, to see it on the web, click www.canada.gc.ca/healthplan



Canada

Fright Night at Shark's



Photos
& Story
by
Will
Nicholls



It was a ghoulish night, one where you could hear the screaming of maidens and men in distress. The typical cry was for another beer since the Cree School Board Halloween party was so crowded. Some poor lost souls even had to wander out of the VIP lounge to attain their beverages at the regular Sharks bar.

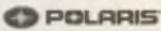




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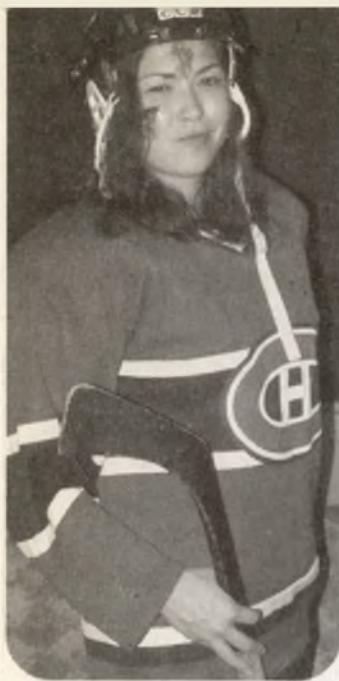
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before when I went to a Halloween party as Manifest Destiny. As you all know, Manifest Destiny always tends to go a little too far. But enough said the better, my friends, of these and other scary stories.

Well, that's all for this ghoulish report and I hope all the kids of all ages got pleasantly sick on candies.

Yet the overwhelming feeling at the party was one of relaxation, talking and joking rather than drunken debauchery.

You could tell it was good to see old friends and even make a few new ones. The laughter was contagious and often heard during the 10 pm to 1 am event. Three hours off from the demands of school spent in a gathering of First Nations students and friends was welcome to all.

A few students sharpened their pool skills and a few learned that their pool skills needed no sharpening at all. No names here to protect the innocent or the sharks but for once I was glad I wasn't playing.

I blame it on the night



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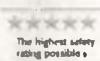
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Chisasibi mother works through the pain of son's suicide

Says family support is the key to overcoming grief

By Steve Bonspiel

Suicide rates on Native reserves are more than three times the national average. September 10th of this year marked the second annual National Suicide Day. The Nation recently sat down with Chisasibi resident Sally Herodier to discuss what she and her family have gone through the last 15 months without their son Ernest.

Sally Herodier had just gotten back from working three weeks in Quebec City updating the Cree Hunters and Trappers income security files. She felt that a vacation at her family's camp was warranted when she got back so she and her husband Sherman, one of her sons and three grandkids headed out to the bush. Her youngest son Ernest as well as two of his sisters stayed behind.

After staying at one of their camps near Chisasibi overnight, the Herodiers headed out the next morning to their final destination.

They had just arrived at the camp when Sally's brother-in-law, his son and his nephew arrived to tell them that something had happened and they needed to get back to Chisasibi right away.

When they got back home their hearts sank. They were told that their youngest son Ernest had taken his own life, leaving behind his one-year-old son Tyrell and long-time girl-

friend Greta.

"I don't recall very much about that day," said Sally, of the incident that happened in her back yard August 8, 2003, six days before his 20th birthday.

"It was pretty hard because he was our baby. We tried to stay together to get through it."

Sally said that her daughter Valerie, who was home from her school in Hull, saw everything.

"She was very strong and to this day she's stayed strong. She talks openly about the incident with the family."

That fatal day in August involved a series of events.

Ernest was invited to go to the camp with his parents, to which he replied that he already had plans to go hunting with his friends. After that plan fell through, he went to his parent's house.

"We don't have a habit of leaving our guns around. We usually put them away in a safe place," said Sally. "The one gun that was left behind

was one that hadn't been working for years."

Tragically, it was the gun Ernest used to take his own life.

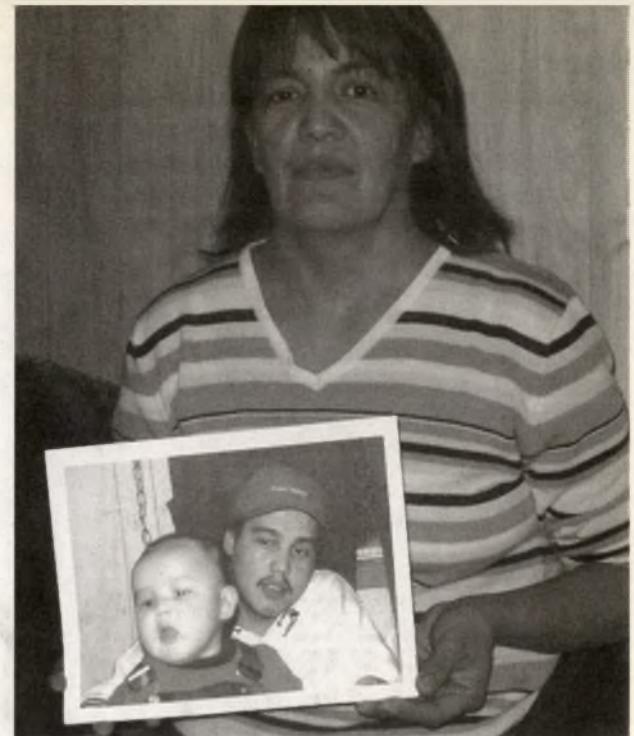
The other sister that stayed behind that day, Jennifer, felt that she could have done more to prevent the tragedy. "The first year was hard for her," said her mother. "She was blaming herself for not hearing him that morning."

But since then she's been feeling better and has been seeing a "healer" to help her deal with her pain.

Four months after that sad day in August, Sally's father passed away with Alzheimer's.

Ernest, like everyone else, had his problems. One of the burdens he was carrying with him however, was the death in 1998 of his friend, Patrick Neacappo.

His basketball team had just played in a tournament in Mistissini and they were headed back to Chisasibi. One of the vehicles carrying team members crashed. Three people died including





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Deadline for submissions is *November 29th*.

Contact Zadie at Beesum Communications by telephone... (514) 272-3077;

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BIRTHS - 100

I would like to wish my aunt Evelyn and his husband Waylon on the arrival of their baby girl Dayonna Jacklyn Ryla October 14, 2004 weighing 9lbs. Take care of your new bundle of joy. Love always your neice Kweowsh

BIRTHDAYS - 101

We would like to send our belated birthday greetings to a very Special boy who's birthday was on october 14, 2004 and he's in North Bay, Ontario. His name is Jacob Pepabano and he is 8 years old. Happy 8th Birthday, Jake, seems like only yesterday when you first came to our lives, you were only a baby then and now you are already 8. We will always love you and will cherish the many happy memories we had with you when you lived with us, like when you first walked, when you first said your first words and became very talkative, you always amazed us with all the things you said or did as we watch you grow everyday. We think about you everyday and miss you. Again, Happy Belated 8th Birthday. With love all the way from Chisasibi. Gracie, Edith, Stella and Roger. P.S Derian, Darcy and Ha

To my brother, Steven Neeposh; Happy "50" th Birthday on October 23, 2004 and many more to come. You are slowly approaching to be an elder.

May you grow wiser every year. God Bless you on your special day and always. Love & prayers from Eadney.

I would like to wish my mother (Annie Mianscum Neeposh) a Happy Birthday on November 26. She has been a wonderful and loving mother to all thirteen of us and she is one lucky elder. She survived a car accident and recently came back from the hospital. She survived the accident with only bruises. She survived because of her consistent dedication to her belief in God. I am thankful to have a mother who makes an effort to attend church even when she has to use her mechanical wheelchair to get there. Once the battery was low and it had to be recharged at the church. We love you MOM and we are thankful for your encouragement and prayers. Love from Samuel, Eadney, Priscilla, Jesse & Patrick from Nemaska.

ORBITUARIES - 105

Special Angel - God needed a special angel. One good, loving, kind and so He choose my Nuhkum Annie and left us all behind. The tears we shed were so many, our hearts were filled with pain, but our loss upon this earth was surely heaven's gain. And though her heart no longer beats, her memory lives within. Time can never erase the

love of a mother, mother-in-law, grandmother, great grandma, sister, aunt, and a special friend. Sadly missed by many. On October 30th, 2003 at 11:08pm was the day we lost a very special person, my nuhkum Annie (Matthew) Pepabano. GOOGUM ANNIE was what we used to call you. I know you are listening, wherever you are. We love you and miss you sooo much. Till we meet again, Nuhkum Annie. From Jennifer, Robert, Ethan-Robert and Richard Dixon (OJ)

My condoleances to Mina and Sam Kawapit on the loss of their daughter. No words can say how sorry I am. Be strong and time will heal. From Mary Niquanicappo.

PERSONAL - 300

Dear Grand-ma. When I need a shoulder to cry on you are there. When my heart is broken you always care. When days seem too bad to go on you made them better. When I need love, I know you'll love me forever. When I'm hurting you make it go away. When when I feel alone you're always here to stay. Some days I feel like all I want to do is cry, cause I'll love you forever even after I die. Love is a wonderfull thing, but have you, as my grand-ma is even better. I know at times like these we

only have god to help us, cause only he can make you get better. I'm here crying, wishing you could come home now, you've been away for way too long now, I wanna help but I don't know how, who needs the world when I have my precious grand-ma. I guess all I have to do is pray you'll come home soon, I LOVE YOU GRAND-MA and I always will...forever and ever... This is for the greatest person in the world, Mary-ann Baribeau in Montreal.... WE MISS YOU! xoxo

This long awaited 10 song CD is now available to everyone: Glenn Polson "Live in Concert". You can now get your advanced copy mailed to you before Christmas. Cost per CD is \$25 to cover shipping and handling. Please print in capital letters; your name on a piece of paper, your address and postal code. All names will go in a draw to win a special prize for next Valentine's Day. Get your very own CD by sending a cheque or money order payable to: Glenn Polson at Box 123, Ouje-Bougoumou, QC G0W 3C0. E-mail: glennpolson@hotmail.com

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Our veterans have an honourable history of military service. They fought for freedom in the First and Second World Wars and have served proudly and courageously, in war and in peace, around the globe. We pay tribute to our veterans and honour the memory of those who made the ultimate sacrifice.

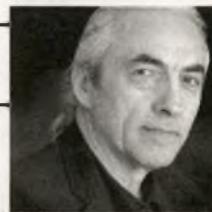
We also express our gratitude and offer our prayers to those who continue to serve their country in military and peacekeeping missions.

Phil Fontaine
National Chief

The Assembly of First Nations is the national organization representing First Nations citizens in Canada.

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November is Diabetes Prevention Month!



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The Cree Board of Health & Social Services of James Bay

100 Mile Challenge!

Did you know walking could help you prevent Diabetes?

The **Cree Health Board's Public Health Department**

is challenging **you** to walk 100 miles during the month of November.

The month of November is only thirty (30) days long.

Each day you must walk 3.3 miles (5.3 km) or an hour and 10 minutes for a total of 100 miles (160 km) or 33 hours and 20 minutes.

If you can do this, then this challenge is for you!

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Don't Forget, YOU MUST FIRST REGISTER to be Eligible!

You can register online at www.creediabetes.com

or with your local **100 Mile Challenge Coordinators**.

Challenge...

Your Partner!

Your Family!

Your Friends!

More importantly... Challenge Yourself!

For more information about the **100 Mile Challenge...**

Please visit: www.creediabetes.com

or see your local **100 Mile Challenge** Coordinators...

Waskaganish: Queenie Stephen @ (819) 895-8833

Eastmain: Juliet Weapenicappo @ (819) 977-0286, or

Rita Gilpin @ (819) 977-0241

Wemindji: Denis Georgekish @ (819) 978-0264, ext.#214

Chisasibi: Emily Sam @ (819) 855-9001 #4281, or

Violet Bates @ (819) 855-2878

Whapmagoostui: Rebecca Masty Kawapit @ (819) 929-3307

Mistissini: Jason Coonishish @ (418) 923-3461 ext226

Ouje-bougoumou: Jennifer Pepabano Dixon @

(418) 745-3901

Nemaska: Bella R.Jolly @ (819) 673-2511

Waswanipi: Annika Vachon @ (819) 753-2324 ext.#250

Or call one of our Responsibles for the challenge:

Solomon Awashish @ (514) 861-2352, ext. #28, or

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